

# The Health Care Monitor

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## TRICARE Northwest

# Nurses provide training

Article & Photos: courtesy  
of the Emergency Depart-  
ment **Naval Hospital Brem-  
erton**

**Naval Hospital  
Bremerton**—As any  
nurse in an emergency  
room will tell you -  
'trauma happens.' But  
trauma does not just  
happen in emergency  
rooms. According to  
the Emergency  
Nurses Association,  
trauma is defined as  
"a major threat to the  
immediate and often  
long-term health of  
individuals." To help  
nurses from other ar-  
eas counter this threat,  
the Trauma Nurse  
Core Course was de-  
veloped to provide  
standardized trauma  
education both nationally  
and worldwide. The  
Emergency Department  
at Naval Hospital Brem-  
erton, in cooperation  
with several local civilian  
nurses, recently provided



Lt. Cmdr. Janet McGloin, NC describes her triage procedure to Lt. Mark Bisbee, NC during her participation in the Trauma Nurse Core Course held at Jackson Park Community Center. The course provided trauma education to Naval Hospital Bremerton's nursing staff attached to Fleet Hospital Bremerton. (Photo By: U.S. Navy)

an invaluable training  
course for nursing staff  
attached to Naval Hospi-  
tal's 'readiness' arm, Fleet  
Hospital Bremerton.

The TNCC is a stan-  
dardized 16 or 20 hour

course sponsored by the  
Emergency Nurses Asso-  
ciation. The course pro-  
vides core-level knowl-  
edge in both the theory  
and hands-on aspects of

(Continued on page 4)



## 2002 recipients of the Navy/ Marine Corps Command Excellence in Health Promotion Awards for TRICARE Northwest Region



# Gold Star



## Branch Medical Clinic Everett

A total of thirty-four (34) commands received the Year 2002 Command Excellence in Health Promotion Award, comprised of twenty-six (26) Gold Star, five (5) Silver Eagle, and three (3) Bronze Anchor awards.

The Navy Environmental Health Center Award for Command Excellence in Health Promotion, established in 1995, recognizes commands for their excellence in Navy Health Promotion and Marine Corps Semper Fit Programs. Non-competitive Awards for Command Excellence in Health Promotion are presented on three levels, including Gold (highest level), Silver (intermediate level) and Bronze (lowest level). Commands submit an award package that reflects the level of development of their command's Health Promotion Program. All commands with Navy Health Promotion or Marine Corps Semper Fit Programs are eligible for

## Oak Harbor winner: four-consecutive years

By: Lt. Kendra Nowak,  
NC, USN  
Naval Hospital Oak Harbor

Naval Hospital Oak Harbor recently received the Navy Environmental Health Center's (NEHC) Silver Eagle Award for Command Excellence in Health Promotion.

Naval Hospital Oak Harbor (NHOH) has been recognized as a center of excellence in Health Promotion for the last four years by NEHC.

In 1999 and 2000 NHOH received the Bronze Anchor Award.

In 2001 and 2002, they received the Silver Eagle. To obtain recognition met, NHOH received high praise for their work over the last year in re-

**Naval Hospital Oak Harbor (NHOH) has been recognized as a center of excellence in Health Promotion for the last four years by NEHC.**

by NEHC for any of these three awards, a command must submit a very lengthy and detailed awards package, which is subject to the intense scrutiny of the awards committee at NEHC. Of all of the criteria to be vamping and improving their Tobacco Cessation Program, efforts in community outreach, collaboration with regional Military Treatment Facilities (MTFs) and state or community agencies, and the development of a strong

Population Health Plan.

The Health Promotion Department at Naval Hospital Oak Harbor is staffed by LT Kendra Nowak, NC, USN. The following individuals greatly assisted in the forward progress that has been made in health promotion and health education programs at NHOH over the last year: LT Catherine McNeal, NC, USN, LT Zoë Fausold Peek, NC, USN, Mrs. Jaci Bouchard, Registered Dietician, LCDR Curt Andersen, NC, USN, and LT Ed Brun, NC, USN.

## Transitional Compensation Program: Benefit information

By: Susie Stevens  
 Photos: U.S. Marine  
 Corps website: <http://www.usmc-mccs.org/perssvc/prevent/tcafm.asp>

Oftentimes the caller remains anonymous but begins talking about the crime of domestic abuse by saying, "I have not told anyone yet, but what should I do if ...? This is sometimes the first step to helping a victim of domestic violence.

Early intervention is

to report the abuse. So for that reason, Congress established the Transitional Compensation program for abused dependents of military personnel in the National Defense Authorization Acts (of FY94, FY96.

The Transitional Compensation Program can help a victim to start a new life. The program provides monthly payments (from 12 -36 months) to family members of service personnel who have been separated

rated; been discharged by court martial; or has received forfeiture of all pay and allowances for abuse;

- the charge was brought to court after November 29, 1993.

Other restrictions may apply. For more information please call any of these three agencies: the Victim Advocate Liaison here, Ms. Ginny Clausen at 967-0309, Ms. Volie Cortez of Family Advocacy at 967-5901 or Social Services at 968-4159. Any of these three agencies and points of contact can help a military family member. It helps if the person has a military/dependent Identification Card.

Victims of domestic violence call Clausen oftentimes because the police give the person her name and phone number at the scene of a crime.

A 24-hour hotline service has been established by AllenMore Hospital in Tacoma, Wash. to assist victims of violence or domestic abuse. Their hotline is: 800-756-7273

The first concern of any agency that helps victims of domestic abuse or other violence is the victim's safety.

Clausen begins her day by reading police blotters

to identify victims of domestic violence. She contacts them and offers her help. Anytime a soldier is suspected of committing the crime or is a victim of domestic abuse she gets this information from military and civilian police blotters. "Some people think if a soldier at Ft. Lewis commits a crime off post that the military won't find out about the crime. That's not true," said Clausen.

What Clausen likes most about her job is that it's a people job. She admits it can get highly emotional at times, however; she gets to help people start a new life.



key to keep the violence from escalating. Help is available for the victims of domestic abuse. Please encourage victims of violence that there is help that the military can provide. Under certain conditions, the victim may be eligible for a benefit program called the Transitional Compensation Program or (TC).

Oftentimes, fear of the loss of financial and medical benefits (of the service member accused of a crime) is a disincentive for a military family

or discharged from the military due to domestic violence.

You may qualify to receive payments if...

- you were married to or are a family member and were residing in the home of the now separated soldier when the offense occurred:

- the servicemember has served at least 30-days on active duty:

- the soldier has been convicted of family member abuse and has; been administratively sepa-

Naval Hospital Oak Harbor: Ms. Kristin Dingess  
 PH: (360) 257-8895

McChord AFB: Ms. Keita Franklin (253) 982-9038

Bremerton Naval Hospital: Call the JAG office for further guidance

Fairchild AFB: Staff Sgt Aldrich (509) 247-5234

Alaska: Elmendorf AFB JAG: (907) 552-3451

Ft. Wainwright JAG: (907) 353-6534

Fort Lewis: Ms. Ginny Clausen at (253) 967-0309



(Continued from page 1)

trauma care. Additionally the course offers continuing education credit hours to participants.

The ENA believes that optimal care is best accomplished using a systematic, standardized approach, that nurses are essential trauma team members, and that they are responsible for trauma education. The ENA supports injury prevention and control.

The multi-faceted roles of the military nurse make them ideal students for this course. Although



primarily directed to emergency nurses, TNCC can be taken by all specialties within nursing. The principles apply universally in various clinical specialties. Nurses from the Intensive Care Unit, the Obstetric/

Cmdr. Kim Kenny-Gutshall, NC and Lt. Michelle Smith, NC practice body stabilization techniques for trauma victims during the Trauma Nurse Core Course held at Jackson Park Community Center. The course provided core-level knowledge in both the theory and hands-on aspects of trauma care. (U.S. Navy Photos)

Gynecologic ward and clinic, Occupational Health, and the Family Practice Nursing Dept. attended the three-day course conducted Sept. 4-6. All have in common either assignment to the Fleet Hospital Bremerton platform or the potential to receive and care for trauma patients.

In this time of heightened security with the potential for deployment to foreign shores and care of trauma victims, this course is timely, much needed, and in great demand. According to course director, Lt Andrew Galvin, the course is offered nationwide to anywhere from 24-36 students per class and is often "sold out."

Being the subject matter experts, six of Naval Hospital's Emergency Department's nursing staff instructed the course. Guest lecturers included: Capt.(sel) James Kohl, senior nurse executive from Naval Hospital Oak Harbor; Tamara Leone, Navy Reserve nurse; Lt. Cmdr.

Brad McGloin, senior nurse at Branch Medical Clinic Bangor and Kathy Emde, the President-elect of the Washington state chapter of the ENA.

Naval Hospital Emergency Dept. military staff providing instruction were: Lt. Cmdr. Tracy Brommel, Lt. Johannes Bailey and Lt. Andrew Galvin, and Lt.j.g.s Lalon Kasuske and Kazmer Meszaros.

Fourteen nurses and one nursing student successfully completed the course. The participants were: Cmdrs. Kim Kenney-Gutshall and Lisa Stephens; Lt. Cmdrs. Mark BisbeeSherrod; Ensign Amy Estrada and civilian Registered Nurses David Lynch and Darci Raschke. Officer Candidate John Litchfield also received credit.

## Rescue in Alaska



KETCHIKAN Alaska --Coast Guard rescuers from Station Ketchikan, along with an emergency medical team, transports 19-year-old Donald Lawson Jr. to an awaiting ambulance Mar. 20 for medical treatment at Ketchikan General Hospital. A Station Ketchikan rescue boat found Lawson on Blank Island after his boat capsized stranding him on the southeast Alaska island for three days.

## U.S. Coast Guard Alaska



JUNEAU, Alaska (Jan. 13)--Coast Guard Petty Officer Tom Pauser, a volunteer with the Juneau Mountain Rescue Team (JMR), hangs from a crevasse of the Mendenhall Glacier in Juneau. "Training for rescues can be just as dangerous as doing them," says Pauser. (USCG photo by PA3 Christopher S. Grisafe)



JUNEAU, Alaska (Oct. 2001) -- Coast Guard Petty Officer 2nd class, Tom Pauser, doubles as a volunteer with the Juneau Mountain Rescue team in Alaska. Cover photo of October 2001 Magazine. (Coast Guard photo by PA3 Chris Grisafe)

## 92nd Medical Support Squadron: airman gives star performance

Force Tech. Sgt. Cherie McNeill, Ramstein Air Base, Rheinland, Germany-Plz



Master Sgt. Bryan L. Langerud, 92nd Medical Support Squadron, Fairchild Air Force Base, Wash., performs "Soul Man" to the delight of the audience at the Tops In Blue concert, Ramstein Air Base, Ger-

many. Tops In Blue is an all active duty U.S. Air Force special unit made up of talented amateur performers selected for their entertainment abilities. They are proud to represent the U.S. Air Force as one of the oldest and most widely traveled entertainment groups of its kind.



The Madigan Army Medical Center Department of Psychiatry in conjunction with the Mental Health Department, Naval Hospital Bremerton and the I Corps and Fort Lewis Chaplain's Office presents the Tricare Region 11 Behavioral Health Symposium, *Life Experiences and Behavior: Under-*

*standing Service-Members and Their Families.* This day-long CME event will be held on Thursday, 5 December 2002 at the Inn at Gig Harbor ([www.innatgigharbor.com](http://www.innatgigharbor.com)). Lunch will be provided. There is no fee to attend. Interested Medical and Mental Health Professionals and Chaplains may

register and obtain more information at <https://scoop.hjf.org/apps/internet/events.nsf> Please register now. This will be a great meeting with excellent speakers. The event is MEDCOM approved. POC: Michael E. Doyle, MAJ, MC, 968-2700.

**Breast Cancer Conference**—A conference is scheduled November 15 in Letterman Auditorium at Madigan Army Medical Center. POC Jeanette Kazear, Admin. Assist. Breast Cancer Program MAMC, (253) 968-0756.

## Space available appointments discontinued for Primary Care services at Oak Harbor

By: Richard Becker  
Captain, MSC, USN  
Naval Hospital Oak Harbor

Space available appointments for primary care services at Naval Hospital Oak Harbor will no longer be available effective 1 October 2002. In the past, those people not enrolled in TRICARE Prime were able to see a primary care provider on a "space available" basis by calling after noon for a same day appointment.

Military medicine has seen many changes over the past several years. With the arrival of TRICARE program perhaps one of the biggest changes was the initiation of TRICARE Prime,

which increased benefits, improved the opportunity to see the same provider consistently, and changed appointment access to military treatment facilities.

During an interview with Captain William Hall, MC, USN, Naval Hospital Oak Harbor's Director for Clinical Services, he explained, "We are now in our eighth year of TRICARE in Oak Harbor and have found that we no longer have the excess capacity to care for space available patients safely in our primary care clinics." Hall went on to say, "Our doctors are concerned that they cannot give our non-

Prime patients safe, timely, and continuous care needed to see them through an acute or chronic illness."

Hall strongly urges those people who are eligible for TRICARE Prime to enroll. Those who select TRICARE Standard or Extra options are strongly encouraged to get established with a primary care provider in the civilian community. This will ensure they receive the continuity of health services that are needed.

Non-Prime patients will still have access to Orthopedics, General Surgery, Ear, Nose and Throat, and Mammogra-

phy services when appointments are scheduled through their civilian primary care provider. Captain Hall stated, "Our specialists at Oak Harbor will be working closely with the network of local civilian providers to assist them when needed." He believes this effort will also help the non-Prime members avoid possible out of pockets expenses that can arise when seeking specialty care.

If you need assistance in locating a civilian primary care provider please contact the Health Net Health Care Finder at 1-800-404-2042.

### COAST GUARD PEOPLE

SEATTLE, Wash. (July 3, 2002) ---Portrait of Petty Officer 3rd Class John D. Jackson (ISC Seattle) during a Color Guard ceremony. (USCG photo by PA2 Sarah Foster-Snell)



Kodiak, AK (Nov. 8) -- HS2 Shaun Robinson, HS3 Erik Logan, HS3 Shannen Barnes, HS2 John Workman, HS2 Ramon Martinez and HS3 Bill Brouhard stand aviation medevac specialist duty for Integrated Support Command Kodiak.

(USCG photo by Keith Alholm)